

APPENDIX 8b

THE MODIFIED BASIC FOUR FOOD GROUPS

FOOD NEEDS FOR CHILDREN		SUGGESTED SERVING SIZES			
FOOD	NUMBER OF DAILY SERVINGS	1-3 YRS.	4-6 YRS.	7-14 YRS.	TEENS & ADULTS
Milk or Milk Products	3 or more servings				
— Whole*, low or nonfat milk as a beverage or in food preparation, yogurt		2/3 c.	3/4 c.	1 c.	1 c.
— Cheese		1 oz	1 oz	1 oz	1 oz
* Recommended for children under 2 years of age					
Fruits and Vegetables	4 or more servings	4-6 tbs	1/4-1/2 c.	1/2 c.	1/2 c.
— Vitamin C: citrus fruit or juice, tomatoes, broccoli, green pepper, berries	At least 1 serving				1 c. raw
— Dark greens: Dark leafy lettuce, greens, garden cress, watercress, bok choy, Brussel sprouts, cabbage, spinach, kale, swiss chard	At least 1 serving				
— Other fruits and vegetables	2 servings				
Protein Foods	4 or more servings				
— Animal:	2 or more servings				
Meat, fish, poultry		1/2-1 oz	1-2 oz	2-3 oz	3 oz
Egg		1	1	1	2
— Plant:	2 or more servings				
Dried peas, beans, lentils		2-4 tbs	1/4-1/2 c.	1/2-3/4 c.	3/4 c.
Soybean curd (tofu)		2 tbs	2-4 tbs	1/4 c.	1/4 c.
Peanut butter		1 tbs	1-2 tbs	2 tbs	2 tbs
Textured soy protein		1 tbs*	1-2 tbs	2 tbs	2 tbs
Nuts or seeds		1 tbs**	1-2 tbs	2 tbs	2 tbs
Whole Grain Bread & Cereals	4 or more servings				
— Breads (made with whole wheat, rye, oats, commeal, etc.), cooked whole grain		1/2-1 slice	1 slice	1 slice	1 slice
— Cooked whole grain cereals: oatmeal, wheat, buckwheat, rice, cereals with wheat germ; brown rice or whole grain pasta products		4-6 tbs	1/4-1/2 c.	3/4 c.	1/2 c.
— Dry whole grain cereals: shredded wheat, rice, oats, wheat or bran flake		1/2 oz	1/2-1 oz	1 oz	1 oz
— Wheat germ or bran		1 tsp	2 tsp	1 tbs	1 tbs
Fats and Oils	1-2 servings				
— Oils, shortenings, salad dressings, cream, sour cream, butter, bacon, fortified margarine, cream cheese		1 tsp	2 tsp	1 tbs	1 tbs

* Creamy only

** Use only finely ground or chopped to avoid choking

Additional food needs for pregnant and breastfeeding women include 4 or more adult servings of milk or milk products.